



FAIHP

Fresno American Indian Health Project

DRUM BEATS

Volume 8 • Issue 6 • June • 2015

Mun-a-Hoo everyone!

We are so excited to announce our new department, All My Relations Community Wellness Center. We have developed this department based on the voice of our community, to include our youth! Our services are delivered to the Native American people and their families of Fresno County in a cultural and traditional manner. We want to support anyone who is making the choice of healing in their journey growth.



Our new logo and name for the program shows the hands of all of the people and four directions of mother earth.



We include the creatures of mother earth as well, with the rattle snake at the north representing "To-Ko", the protector. In the south we have the swimmie creatures represented by the Christian fish symbol, honoring our Christian brothers and sisters.

We are currently offering the following:

Clubhouse for the youth (prevention activities to include assistance for school, activities to promote belonging, identity, self-esteem, relationships, and prevention)

Counseling Services (Individual, Group, Trauma, Grief, Anxiety, Couples, Family, Substance Abuse) Groups to include upcoming Positive Indian Parenting

Wellbriety

Traditional Healer connections

We would like to offer a special "Thank You" to ALL who participated in our Open House Gathering. It was great to see so many from our community visiting our offices and learning more about FAIHP! See page 8.



If you need help or know anyone who does, please stop by or give us a call.

Our A.M.R.C.W.C Team



Dr. Suzanne Moineau, PsyD, LMFT
Dir. of Behavioral Health



Anna-Marie Hinojosa, CDAC-CAS
Substance Abuse Counselor



Amber Molina, ASW
Outpatient Therapist



Joyce Burel, LMFT
Family Therapist



Brian Conway
Billing Manager/Program Development



Rachel Ramirez
MSPI Coordinator



Ruben Garcia
Peer Support Specialist



Paula Davila
Youth Coordinator



Pete Molina
Community Coordinator



Michelle Cabral
Core Coordinator



Mike Colvard
Social Media/Marketing Coordinator



Nicole Bozzo
Family Advocate

We want to support our community based on the community's needs. Please contact us with any ideas on what you think would be helpful to you.

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The next Community Advisory Board meeting will be Monday, June 15 at 10 a.m. Please join us, your voice is vital to our success!
We are always looking for dedicated volunteers, if you would like to volunteer, please contact our office at 559-320-0490

Youth News & Events!

Clubhouse has had a busy month and is ready for summer! Hours will be changing for our youth; families will be notified by a letter sent home with our new summer hours. Clubhouse has had multiple staff becoming involved with Clubhouse. One Thursday Anna-Marie (Substance Abuse Counselor) and Michelle (Care Coordinator) met with the children at Clubhouse and shared a story called "Why Bat has no Friends" by Leanne Guenther,



based on a Native American legend. The story was about a bat that played both sides in a war between the four legged animals on the ground and winged animals in the sky. The bat always wanted to be on the winning side so he would show the ground animals his teeth and his wings to the animals in the sky in order to side with them. When the animals

came together and agreed to make peace with each other they also realized what the bat was doing. It was decided by the chief that the bat would fly alone at night while the birds and animals were sleeping and this is why the bat has no friends.

The moral of the story: Choose your friends carefully and remain faithful to them. The children liked the story so much that they told the story while we acted it out. Later they were given a copy to take home.

Anna Marie (Substance Abuse Counselor) and Amber M. (Outpatient Therapist) also came to visit our youth and continued the Seven Sacred Teachings. This month we focused on Courage and it's ability to face danger, fear, or changes with confidence and bravery. The bear provides many lessons in the way it lives, but courage is the most important teaching it offers. Though gentle by nature, the ferociousness of a mother bear when one of her cubs is approached is the true definition of courage. To have the mental and moral strength to overcome fears that prevent

us from living our true spirit as human beings is a great challenge that must be met with the same vigor and intensity as a mother bear protecting her cub. Living of the heart and living of the spirit is difficult, but the bear's example shows us how to face any danger to achieve these goals.

During the Clubhouse sessions with youth, we sang Native songs including "The Bear and the Bee."

We also made a bear book that showcased different types of bears and what they eat or where they live. The book was gifted to a person the youth cares about. Additionally, the children had talking circles and discussed examples of how they have shown courage.



This month was filled with native traditions and practices that we hope to pass on to our youth. We are excited for summer and all the activities we plan to do!



As residents of the Central Valley,

we are lucky enough to be smack in the middle of one of the most productive agricultural areas in the world. Over 230 different crops are grown right in our own backyard! Ninety percent of this produce is shipped around the world where people will enjoy it weeks from when it is picked, but we can get our hands on it at the peak of freshness. And yet, studies show that we are no different than the

They come in hundreds of different forms, textures, and flavors. With so many to choose from, you're sure to find one (or 100) that you like. When adding fruits and vegetables to your diet, remember that variety is the spice of life. Be sure to sample every color in the produce rainbow because each color offers a different nutrient.

Now is the perfect time of year to turn that around and try out new fruits and vegetables or load up on old favorites as they come into season. Stop by a nearby farmer's market and don't be shy about



A Case for Fruits and Vegetables

average American who eats about 2-3 servings of fruits and vegetables per day—a stark contrast to the guidelines of 5-13 we should be getting.

Why you should up your intake:

They can prevent many illnesses. It has been proven that eating a variety from these 2 food groups may reduce your risk of cardiovascular diseases, stroke, diabetes, and even cancer. The more you have, the greater your risk is reduced.

They are great for watching your weight.

They're low in fat and calories, and loaded with fiber and water, which create a feeling of fullness. This is particularly helpful for dieters who want more filling calories. Plus, that fiber helps keep you “regular.”

asking for a sample. You're sure to be surprised at just how good a fresh-picked cherry or tomato can be. But don't let season, accessibility, or cost affect your fruit- and vegetable-friendly diet. If finding fresh produce is difficult, choose frozen, canned (low-sodium), or dried varieties. Also, 100 percent juice counts toward your servings, but when possible try the whole fruit in order to get the benefits of the fiber.

When we take advantage of produce, our bodies return the favor by reducing our risk of developing various illnesses. The power of prevention may lie in a salad bowl or a plate of fruit!

National Men's Health Month

Men can make their health a priority. Take daily steps to be healthier and stronger.

Celebrate National Men's Health Month,

- **Take a bike ride.**
- **Toss a ball.**
- **Eat less salt.**
- **Try more veggies.**

There are many easy things you can do every day to improve your health and stay healthy.

Get Good Sleep

Lack of sleep is associated with a number of chronic diseases and conditions, such as diabetes, cardiovascular disease, obesity, and depression. Little sleep is responsible for motor vehicle and machinery-related accidents, causing substantial injury and disability each year. In general, adults need between 7-9 hours of sleep.

Toss out the Tobacco

It's never too late to quit. Quitting smoking has immediate and long-term benefits. It improves your health and lowers your risk of heart disease, cancer, lung disease, and other smoking-related illnesses. Also avoid being around secondhand smoke.

Move More

Adults need at least 30 minutes of moderate-intensity aerobic activity (such as brisk walking) daily, and muscle strengthening activities that work all muscle groups. You don't have to do it all at once. Spread your activity out, break it into smaller chunks of time during the day.

Eat Healthy

Eat a variety of fruits and vegetables every day. A colorful plate is a good goal. Limit foods and drinks high in calories, sugar, salt and fat. Limit alcohol intake. Choose healthy snacks.



Tame Stress

Sometimes stress can be good. However, it can be harmful when it is severe enough to make you feel overwhelmed and out of control. Take care of yourself. Avoid drugs and alcohol. Find support. Connect socially. Stay active.

Stay on Top of Your Game

See your health care provider for regular checkups (at least once a year). Some diseases and conditions may not have symptoms, checkups help diagnose issues early or before they become a problem.

Pay attention to signs and symptoms such as chest pain, shortness of breath, excessive thirst, and problems with urination. If you have these or symptoms of any kind, be sure to see your doctor right away. Don't wait!

Get vaccinated. Everyone needs immunizations to stay healthy, no matter how old you are. Even if you had vaccines as a child, immunity can fade with time. Vaccine recommendations are based on a variety of factors, including age, overall health, and your medical history. Talk to your health care provider for more information about the vaccines you need!

AMERICAN INDIAN BEADWORK CLASS

INSTRUCTOR: PASCAL CASEY – SAN CARLOS APACHE

TUESDAYS & THURSDAYS

5:30PM – 8:00PM

**AT FRESNO AMERICAN INDIAN HEALTH PROJECT
1551 E. SHAW AVE., SUITE 139**

- CLASS WILL BE ONGOING UNTIL JULY 9TH
- CALL FOR RUBEN GARCIA AT FAIHP FOR MATERIALS LIST
- ALL LEVELS OF EXPERIENCE WELCOME TO JOIN



TYPES OF BEADING: LOOM, LAZY STITCH AND PEYOTE

*** MUST PROVIDE OWN MATERIALS ***
CALL FAIHP TO RESERVE YOUR SPOT 559-320-0490

Disclaimer: Any opinions, written or verbally expressed in this class do not necessarily reflect or are shared by FAIHP.
If you have any questions, feel free contact FAIHP at 559-320-0490

MSPI NEWS

Members of the Youth Council

this month attended the R U OK? U Matter! Event hosted by Fresno County. The event empowered teens by providing them with tools and letting them know that they do matter and that all people have a purpose. This is a message to be shared within any community.



R U OK? U MATTER!

Youth learned about the warning signs (including key phrases) and resources for suicide, healthy ways to cope with stress, and how to start the conversation with someone who might hurt themselves. This event allowed for over 100 youth from Fresno and Clovis to have an open discussion with counselors and other adults who had valuable knowledge and advice.

Advice for all: take time to connect with others, be honest about your feelings, and acknowledge that our mental wellness is as important as our physical wellness.

Warning signs might include:

- Loss of interest
- Change in eating habits
- Change in friends

Coping with stress (suggestions from youth attendees):

- Talk with someone, a friend or counselor
- Exercise
- Listen to music
- Create music
- Write it down

Resources:

- Suicide Prevention Lifeline
1-800-273-8255
- 911
- National Alliance on Mental Illness
1-800-950-6264
- Fresno SOS
1-559-322-5877

For more information please visit:



Suicidepreventionlifeline.org
NAMI.org

GONA IS ALMOST FULL, REGISTER SOON!

For Native American youth ages 12-17, we invite you to attend our 4th annual Gathering of Native Americans at Camp Sierra. Registrations can be found at www.faihp.org, at our office, or can be e-mailed if you contact Rachel Ramirez at rramirez@faihp.org

DRUG ABUSE AND ADDICTION

Some people are able to use recreational or prescription drugs without ever experiencing negative consequences or addiction. For many others,

substance use can cause problems at work, home, school, and in relationships, leaving you feeling isolated, helpless, or ashamed.

If you're worried about your own or a friend or family member's drug use, it's important to know that help is available. Learning about the nature of drug abuse and addiction—how it develops, what it looks like, and why it can have such a powerful hold—will give you a better understanding of the problem and how to best deal with it.

Understanding drug use, drug abuse, and addiction

People experiment with drugs for many different reasons. Many first try drugs out of curiosity, to have a good time, because friends are doing it, or in an effort to improve athletic performance or ease another problem, such as stress, anxiety, or depression. Use doesn't automatically lead to abuse, and there is no specific level at which drug use moves from casual to problematic. It varies by individual. Drug abuse and addiction is less about the amount of substance consumed or the frequency, and more to do with the consequences of drug use. No matter how often or how little you're consuming, if your drug use

is causing problems in your life—at work, school, home, or in your relationships—you likely have a drug abuse or addiction problem.

ADDICTION IN THE U.S.*

22.5 MILLION AMERICANS USED AN ILLICIT DRUG.

THAT IS ABOUT **8.7%** OF THE U.S. POPULATION.

THERE ARE ABOUT **8,400** NEW DRUG USERS **PER DAY**.

AN ESTIMATED **21.6 MILLION** AMERICANS NEEDED TREATMENT FOR SUBSTANCE ABUSE.

ONLY ABOUT **2.3 MILLION** PEOPLE (**<1%**) RECEIVED TREATMENT AT A SPECIALTY FACILITY.

*AS OF 2011. SOURCE: [HTTP://WWW.DRUGABUSE.GOV/PUBLICATIONS/DRUGFACTS/NATIONWIDE-TRENDS](http://www.drugabuse.gov/publications/drugfacts/nationwide-trends)

If you think you may have an issue with drug abuse and/or addiction please contact the Behavioral Health Department, "All My Relations Community Wellness Center FAIHP" for services.



FAIHP Open House Ceremony

On May 29th, our agency hosted an open house. We had an awesome turn-out! Prayer, fun and laughter were shared by community members, elders, youth, spiritual leaders, drummers, agency partners, all coming together to share food, stories, songs, and raffle. Many raffle winners turned around and gave their prizes to children who did not win anything!

The ceremony was to welcome all community members and agency partners alike to make them aware of the wonderful services FAIHP now provides and to introduce our new behavioral health department, "All My Relations Community Wellness Center".

The gathering ceremony offered traditional activities to include story telling by Darlene Franco, Basket weaving by Joyce Burel, Dream catcher making by Amber Huhndorf, welcoming walkthroughs of the agency by Paula Davila, and a 12 foot canvas banner where all the people were asked to put their hand print. We also had tables for nutrition, information, outreach and general welcoming. Mike Colvard captured the day in wonderful pictures and had a slide show playing of many of the healing moments over the past few years. He also presented our wonderful display of black and white photos telling the stories of our youth, elders and community members. Several of our elders displayed their beading and other crafts as well.

Thank you everyone who attended. We look forward to seeing you again at FAIHP.



JUNE 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 JUST WALK 11-12PM at Manchester Mall	2 Beadng Class 5:30-8:00pm	3 Exercise Class 11-12 Wellbriety 5:30 - 7:30pm	4 Beadng Class 5:30-8:00pm	5	6
7	8 JUST WALK 11-12PM at Manchester Mall	9 Beadng Class 5:30-8:00pm	10 Exercise Class 11-12 Wellbriety 5:30 - 7:30pm	11 Beadng Class 5:30-8:00pm Fresno WISE 12-2pm	12	13
14 Flag Day	15 Community Advisory Meeting 10-12 JUST WALK 11-12PM at Manchester Mall	16 Beadng Class 5:30-8:00pm	17 Exercise Class 11-12 Wellbriety 5:30 - 7:30pm	18 Ramadan begins Beadng Class 5:30-8:00pm	19 Youth Council	20
21 Father's Day June Solstice	22 JUST WALK 11-12PM at Manchester Mall	23 Beadng Class 5:30-8:00pm	24 Exercise Class 11-12 Wellbriety 5:30 - 7:30pm	25 Diabetes/WISE Class 12pm-2pm Beadng Class 5:30-8:00pm	26	27 American Indian Graduation Service 12pm @ FCC
28	29 JUST WALK 11-12PM at Manchester Mall	30 Beadng Class 5:30-8:00pm	1	2	3 Office Closed	4 Independence Day
5	6	May 2015 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		July 2015 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		

JULY 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 Exercise Class 11-12 Wellbriety 5:30 - 7:30pm	2 Beadng Class 5:30-8:00pm	3 Office Closed	4 Independence Day 
5	6 JUST WALK 11-12PM at Manchester Mall	7 Beadng Class 5:30-8:00pm	8 Exercise Class 11-12 Wellbriety 5:30 - 7:30pm	9 Beadng Class 5:30-8:00pm	10	11
12	13	14	15	16	17	18
GONA Camp Offices closed						
19	20 Community Advisory Meeting 10-12 JUST WALK 11-12PM at Manchester Mall	21	22 Exercise Class 11-12 Wellbriety 5:30 - 7:30pm	23 Diabetes Class 12pm-2pm	24	25
26 Parents' Day	27 JUST WALK 11-12PM at Manchester Mall	28	29	30	31	1
2	3	June 2015 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		August 2015 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		

All events are subject to change. Please call for more info (559)320-0490



FAIHP

Fresno American Indian Health Project

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Fresno American Indian Health Project

FAIHP is a nonprofit 501(c)3 organization and depends on support from the community. All donations are tax-deductible. If you or an individual or business you know would like to make a contribution they may do so by check or by logging on our website & utilizing the PayPal "donate" link.

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____

DONATION AMOUNT: _____

Please make all checks payable to:

Fresno American Indian Health Project

1551 E. Shaw Avenue, Suite 139, Fresno CA 93710.

Our services include:

- Health Screenings
- Mental Health Services
- Alcohol & Drug Prevention
- Health Education Classes
- Public Health Nurse Home Visits
- Case Management
- Transportation
- Health Referrals
- Youth After School Program
- Nutrition counseling

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